

# MISERABLE FROM STOMACH TROUBLE

## Felt Wretched Until He Started To Take "Fruit-a-tives"

504 CHAMPLAIN ST., MONTREAL.

"For two years, I was a miserable sufferer from *Rheumatism and Stomach Trouble*. I had frequent *Dizzy Spells*, and when I took food, felt wretched and sleepy. I suffered from *Rheumatism* dreadfully, with pains in my back and joints, and my hands swollen. A friend advised "Fruit-a-tives" and from the outset, they did me good. After the first box, I felt I was getting well and I can truthfully say that "Fruit-a-tives" is the only medicine that helped me". LOUIS LABRIE.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

Salvation Army.  
Public meetings, Tuesday, Thursday and Saturday at 8 p. m. Sundays at 7:30 p. m.



### The Whisky of Quality

Aged in Wood 8 Years before bottling

GUARANTEED BY THE GOVERNMENT OF CANADA



### Demand the Brand

# THE WORLD'S GREATEST DIGGING OPERATIONS

Today a man who could obtain permission from the military authorities, and who was possessed of ample leisure and abundant patience, and who did not mind dodging shells and bullets, might walk underground across Europe from the North Sea to the Alps.

He would follow a zig-zag course of approximately 750 miles, this being the length of the original first-line trenches constructed by the Allies, and which are still practically intact. Opposite to this gigantic ditch, and running more or less parallel to it at varying distances, is another similar semi-subterranean passage, representing the German first-line trenches; and behind each of these opposition ditches again are others, and still others extending back in some instances for many miles.

Moreover, each of these 750-mile-long ditches—the first, second, and third-line trenches on either side, together with the "alternatives" as they are called—are connected one with another by a perfect labyrinth of communication trenches, representing many thousands of miles of digging and tunnelling.

Entire nations have toiled for long months in order to tear the face of Europe with these immense ditches. Taken collectively nothing like them or even remotely approaching them has



### NOW IT'S A FOUR LEGGED RACE

A gymkana was held at Eastbourne, England, in aid of the recreation funds of the Summerdown Convalescent Military Hospital. There were various sports including a four legged race which was one leg more than usual to most Canadians present.

ever before been accomplished by human agency.

The digging of the Panama Canal has been generally regarded as the biggest thing of the kind yet undertaken, necessitating, as it did, the excavation of just over 250 million cubic yards of earth and rock. But it is estimated that not less than 1,000 million cubic yards have been excavated for our and the German trenches.

A similar excavation would be sufficient to make four twin parallel tunnels through the centre of the earth, each 14ft. in diameter and 8,000 miles long, capable of accommodating four Tube trains; while the concrete used—approximately twenty million cubic yards—would construct a wall 8ft. thick, 12ft. high, and more than 1,000 miles long.—Ex.

### LIQUOR ACT, 1910.

(Section 42.)  
NOTICE is hereby given that, on the first day of December next, application will be made to the Superintendent of Provincial Police for renewal of the hotel licence to sell liquor by retail in the hotel known as the Pine Tree Hotel, situate at Discovery, in the Province of British Columbia.

Dated this 10th day of October, 1916.  
CLARENCE MARMADUKE SANDS,  
Nov. 19. Applicant.

## Sterling THE ENGINE REFINEMENT For the finest boats that float

- FISHERMAN'S ENGINE
- 2 Cyl.—5 1-2 in. by 7 in., 12-15 Horse Power.
- 4 Cyl.—3 3-4 in. by 5 1-2 in., 25 Horse Power.
- 4 Cyl.—5 1-2 in. by 8 in., 25-35 Horse Power.

For Further Information Apply to

W. E. WILLISCROFT Prince Rupert, B. C.

### LAKELSE HOT SPRINGS HOTEL

—IS NOW OPEN TO GUESTS—

One of the largest Hot Springs in America, circumference 300 feet—Temperature of Water, 180 d. Fahr.

Excellent Trout Fishing in Lakelse Lake.

Phone Connections with Terrace.

RATES: \$2.50 per day.

For further particulars, apply to J. BRUCE JOHNSTONE, Manager.

### Coughing scatters germs

#### —Stop it

Coughing increases the irritation of the already inflamed mucous membranes and is moreover apt to carry disease to others.

Mathieu's Syrup of Tar and Cod Liver Oil promptly stops coughing, and soon, thanks to its tonic properties, effects a permanent cure.

The wonderful popularity of Mathieu's Syrup of Tar and Cod Liver Oil is specially due to its great value as a permanent lung and bronchial healer.

Sold everywhere, 35c large bottles.

J. L. MATHIEU CO., Prop., Sherbrooke, P.Q.

For bottles use Mathieu's Syrup of Tar and Cod Liver Oil. See accompanying card. Be sure of a good one.

## BABY'S OWN SOAP



The purity and fragrance of Baby's Own Soap have made it a universal favorite. Its use is beneficial to any skin. 4-4-13  
Albert Soaps Limited, Montreal.

Ship your FURS FREE  
Our Trappers Guide Supply Catalog and Price List. Write today, address: TO JOHN HALLAM LIMITED, Desk E. 18, TORONTO



# 2,000,000 Belgians Depend on us for Bread!

Since shortly after the German invasion, the Belgians have depended for food entirely on the "Commission for Relief in Belgium". Their own store of food, even if not destroyed or pillaged, would last only three weeks—they have had no chance to raise more—and the ruthless Germans refuse to supply them!

Backed by the

## Belgian Relief Fund

so generously contributed in the British Empire and the United States, the neutral Belgian Relief Commission has imported enough wheat, flour and other foods to feed the whole nation so far. The great majority of the 7,000,000 Belgians left in the country have been able to pay for their daily allowance of bread—but a steadily growing number have no money left.

Unless we are willing to let these hundreds of thousands of women, children and old men starve, they must be fed at the expense of the Belgian Relief Fund. To make this possible someone must contribute nearly \$3,000,000 a month—every month—all this winter!

No people under the Allied Flags are as well able to contribute generously as we Canadians! No cause has ever been more deserving of help! In the name of Justice and Humanity—for the sake of our own self-respect—let us give all we can to help our martyred Allies!

Send your subscriptions weekly, monthly or in one lump sum to Local or Provincial Committees, or to the

Central Executive Committee, 59 St. Peter St., Montreal

### \$2.50 Feeds A Belgian Family A Month.



**CANADIAN WOMEN SHOULD KNOW THIS—**  
"CANADA FIRST" Milk is the BEST Milk sold by Your Grocer. The Government Bulletin No. 305 tells the story—IT COSTS THE SAME.  
ASK YOUR GROCER FOR THIS CANADIAN OWNED CANADIAN MADE PRODUCT—INSIST  
If you want whipped cream, chill "Canada First" Evaporated—then whip as with fresh cream.  
THE AYLMER CONDENSED MILK CO., LTD.  
AYLMER, ONT., CANADA



## This Superior COFFEE

As its name implies is a blend of four special coffees.—It has a splendid body and will produce a rich, strong, and invigorating cup of coffee.

AT ALL GOOD GROCERS \$0.45 per lb.

WM. BRAID & CO., DIRECT IMPORTERS VANCOUVER - B.C.

Stewart & Mobley, Ltd., Wholesale Distributors, Prince Rupert.

## Ramsay's Empire Cream Sodas

In 2-lb. Tins

Have attained their enviable reputation by their superior quality and uniformity. The most discriminating housewife insists upon "Ramsay's Empire" when buying Soda Biscuits.

They are made in B. C. and your grocer gets his supply frequently and quickly, insuring freshness, which means crispness.

Prove it by buying a tin with your next order.

Manufactured by

### RAMSAY BROS. & CO., LTD.

Vancouver, B. C.

## Let Us Save You Money on your Gasoline or Distillate

We guarantee to save you 25 per cent. on gasoline or distillate and upkeep and free any motor from CARBON troubles. A seven ounce box of Carbonvoid is equivalent to 50 gallons of gasoline. Every box of Carbonvoid \$15 in gasoline will save you and give you 400 to 500 ad- Carbonvoid is a just drop in the move all carbon The largest companies in the world use it. THE ALLIES ORDERED IN JUNE 288,000 CARTONS. Previous order 250,000 cartons. Fully guaranteed or your money refunded. Mailed anywhere on receipt of \$1.50

### Carbonvoid puts the "GO" in Gasoline :

For Sale Only by

### Geo. L. Clayton, - Prince Rupert, B.C.

## Three Mighty Forces Close Linked

Have you ever noted how an audience yawns in the face of an uninspired speaker?

On the other hand, have you noted how an audience will lean forward and grasp the chair arms when the speaker reveals enthusiasm?

Enthusiasm is the buoyant expression of truth. To impart belief in anything, a man must believe it deeply himself. We call such a man an enthusiast.

This applies to the written word also—particularly to advertisements. When the manufacturer really believes in his wares, his enthusiasm will almost inevitably find expression in Advertising. And enthusiasm will be contagious—his audience—the readers of the newspaper—will, figuratively speaking, "lean forward and listen intently."

To be convincing an advertisement must convey an unmistakable impression of enthusiasm. This it will only do when the article advertised has inherent worth.

Thus we have:

### Sincerity -- Enthusiasm -- Advertising: Three mighty forces, close-linked.

If you are doing a local business talk over your advertising problems with the Advertising Department of this newspaper. If you are doing a provincial or national business it would be well for you to have the counsel and assistance of a good advertising agency. A list of these will be furnished, without cost or obligation, by the Secretary of Canadian Press Association, Room 503, Lumsden Building, Toronto.